

BikeEd Courses - League of American Bicyclists

League Cycling Instructors (LCIs) are experts in bicycle education and safety. The following classes will be taught by LCIs and are geared towards cyclists of all ages and abilities.

(5/4) Road 1 • (5/7) Kids II • (5/14) Commuting
(5/18) Road 1 • (5/21) Bike 101

Velo Swap

Sunday, May 4, 10am-2pm, The Void Skateshop

Do you have extra bikes, gear, or equipment that you would like to trade or sell? Bring your goods and come to this bike swap to see what you can get for them.

Progressive Dinner

Thursday, May 8, 6pm, Kentucky Ale Brewery

Join us for an evening of cycling and dining at some favorite Lexington locales. Pre-registration required \$23.

YMCA Bike “MishMash”

Friday, May 9, 6-8pm, Beaumont Centre Family YMCA

Gather your family, bikes and gear up for a fun-filled evening including an obstacle course, bike decorating booth, helmet fittings and bike education. Free and open to the community.

Bike Polo

Sunday, May 11, 12pm, Coolavin Park

Come check out LexRides weekly bike polo game at their new permanent court. The League of American Bicyclists said they just had to declare us a 'bike-friendly city' after hearing about events like this!

Commuter Challenge Week

May 12 – May 16, Breakfast on May 16, 7-8:30am, High Street YMCA

Ride a bike to work and for other errands from May 12 to May 16 to earn a chance at winning a free commuter bike. The YMCA will provide a FREE Bike-to-Work-Day breakfast on May 16.

KyMBA Informational

Monday, May 19, 7pm, North Lexington Family YMCA

Kentucky Mountain Bike Association (KyMBA) is organizing a group of mountain bike enthusiasts to represent central Kentucky. If you are interested in learning more or getting involved please attend this informational meeting.

Bike Lexington Rally

Saturday, May 17, 9am-12pm, Courthouse Plaza

Join us at this feature Bike Lexington 2008 event where 1000+ bicyclists will reclaim the streets and celebrate bicycling for fun, fitness and transportation. You bring your bike, we'll provide the food, drink, live music and more. The car-free family fun ride starts at 10am. Kids can sharpen their safety skills from 9-10 am at a bike rodeo. A limited number of free bike helmets and free bike rentals are available on a first come first serve basis. Registration for the fun ride begins at 8am and continues through 9:30am.

Bike Lexington 3-Day Stage Race

This exciting race series will attract the best cyclists from across Kentucky and the surrounding states. Come watch; enjoy the festivities and the quiet streets as bicyclists take to the road! Races are supported and organized by our local racing teams:

Commonwealth Eye Surgery / Pedal the Planet Cycling Team
McDonalds Cycling Team
Pedal Power / Insurance Works Cycling Team

**Prologue (Time Trial) - Friday, May 16, 7pm,
Avenue of Champions**

Racers will travel the 1 mile length of Avenue of Champions from High Street to S Limestone Street. There will be an exciting festival atmosphere for spectators along the corridor.

**Criterium & Fun Races - Saturday, May 17, 12:30-5:30pm
Courthouse Plaza**

Stick around after the Bike Lexington Rally and watch racers circle the Courthouse Plaza including some fun and unusual races designed for all.

**Criterium Race - Sunday, May 18, 8am
Coldstream Park**

Come take a ride on the trails at Coldstream Park while you watch and wait to see who our 3-Day Stage Race champions are.

Visit www.bikelexington.com for more detailed information about any May bike event!

**ALL PARTICIPANTS ARE REQUIRED TO WEAR A HELMET & OBEY THE
RULES OF THE ROAD**

**A celebration of bicycling for fun, fitness
& transportation!**

Bike LEXINGTON08



**Join us for city-wide bike events and activities
throughout the month of May**

brought to you by:

HUMANA
Guidance when you need it most

PEDALPOWER
Cycling Group



PEDAL THE PLANET
BICYCLE SALES & SERVICE
FREE LIFETIME TUNE-UPS



www.bikelexington.com

Bike Lexington 08

May 2008

Please visit www.bikelexington.com for more info!

*For more info on the BCC rides visit www.bgcycling.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Velo Swap 10am-2pm, The Void Skateshop Round up your used bikes & parts and bring them down to the bike swap to see what you can get for them. LAB BikeEd (Road1) 1-5pm, Pedal the Planet Covers beginner bicycle safety, mechanics, commuting tips & crash avoidance techniques. *BCC Ride: 9am	Pedal Power Ride 6pm, Masterson Station Park *BCC Ride: 9am / 6pm	Bike Tune-Up Clinic 5:30pm, Pedal the Planet Bike Shop *BCC Ride: 3 rides @ 6pm	LAB BikeEd (Kids II) 6-8pm, Courthouse Plaza Class covers basic on-bike skills and choosing safe routes for young riders ages 12-16. *BCC ride: 9am 2 rides @ 6pm	Commuter Advocacy Breakfast 8am-9am, Sunrise Bakery Progressive Dinner 6pm, Kentucky Ale Brewery Pre-registration required \$23. Pedal the Planet Ride 6pm, PTP Bike Shop *BCC Ride: 3 rides @ 6pm	Oaks Day Fun Race 6pm, Thoroughbred Park, \$5 Checkpoint style "scavenger hunt." Note: Race is held on the open road with traffic. LFUCG Bicycle-Pedestrian Advisory Committee 12pm, 101 E Vine Street, 7th floor *BCC Ride: 9am	Cycling through the Centuries Lexington's long, colorful history can be explored by bicycle on this 11 mile self-guided tour developed by the Bluegrass Trust for Historic Preservation. *BCC Beginner Ride: 8am Ride 12 miles in the country-side with other fellow cyclists.
Bike Polo 12pm, Coolavin Park Come check out LexRides' weekly bike polo games at their new permanent court. The LAB said they just had to declare us a 'bike-friendly city' after hearing about events like this! *BCC Ride: 9am	Commuter Challenge Week! Don't forget to log your bike trips this week for a chance to win a free bike at the Bike Lexington Rally. Pedal Power Ride 6pm, Masterson Station Park *BCC Ride: 9am / 6pm	Commuter Challenge Week! Bike Tune-Up Clinic 5:30pm, Pedal the Planet Bike Shop *BCC Ride: 3 rides @ 6pm	Commuter Challenge Week! LAB BikeEd (Commuting) 6-8pm, Courthouse Plaza Come learn about bike choice, route selection, cargo, clothing and foul weather riding. *BCC ride: 9am 2 rides @ 6pm	Commuter Challenge Week! Commuter Advocacy Breakfast 7:30-9am, Third Street Coffee Pedal the Planet Ride 6pm, PTP Bike Shop *BCC Ride: 3 rides @ 6pm	'Bike-to-Work' Breakfast 7-8:45am, High Street YMCA Enjoy a FREE and energizing breakfast. Bike Lexington Stage Race 7-9pm, Avenue of Champions Bikes rule the streets in this exciting kick-off to the race series. *BCC Ride: 9am	Bike Lexington Rally 9-12 pm, Courthouse Plaza What's more fun than 1000+ bikes taking to the car-free streets of downtown Lexington? Bike Lexington Stage Race Stick around after the Rally for the continuation of the Bike Race Series that will include some unusual and fun races for all.
Bike Lexington Stage Race 9am-3pm, Coldstream Park This is the final event in the race series. Come take a ride on the trails and see who our champions are. LAB BikeEd (Road1) 1-5pm, Pedal the Planet Covers beginner safety, mechanics, commuting tips & crash avoidance techniques. *BCC Ride: 9am	KYMBA Informational 7pm, North Lexington YMCA Learn more about the KY Mountain Bike Association, who work to unite mountain bike enthusiast, advocate, develop and maintain trails. Pedal Power Ride 6pm, Masterson Station Park *BCC Ride: 9am / 6pm	Bike Tune-Up Clinic 5:30pm, Pedal the Planet Bike Shop *BCC Ride: 3 rides @ 6pm	LAB BikeEd (Bike 101) 6-8pm, Courthouse Plaza Learn basic bike principles and safety from a certified cycling instructor. Ride of Silence 7-8pm, Centenary Methodist Church A silent slow-paced ride to honor cyclists who have been injured or killed while bicycling. *BCC Ride: 9am / 2 @ 6pm	Commuter Advocacy Breakfast 8am-9am, Giacomo's Deli Mayor's Bike Task Force 11:30am, 101 E. Vine St., 3rd floor Pedal the Planet Ride 6pm, PTP Bike Shop *BCC Ride: 3 rides @ 6pm	Share the Road Ride 5pm, Woodland Park This ride begins with a discussion of local bike ordinances and is a great opportunity to gain confidence riding your bike on the street with others." *BCC Ride: 9am	Horsey Hundred (Sat & Sun) 8 am, Georgetown College Experience Kentucky's Bluegrass on a bicycle during the 31st running of the Bluegrass Cycling Club's Horsey Hundred. There are 30, 75 and 100 mile routes available. Pre-registration is required \$45.
Horsey Hundred (cont'd) YMCA "Two Wheel Thrill" 11am, Capitol View Park, Frankfort This cross-country mountain bike race, to benefit the YMCA Campaign for Kids fund, is open to first-timers, beginners, sport, expert and pro racers (ages 6 – 50+).	Pedal Power Ride 6pm, Masterson Station Park *BCC Ride: 9am / 6pm	Bike To Bluegrass 7pm, next to Southland Bowling Ride your bike to the Southland Jamboree & listen to FREE live local Bluegrass music. Bike Tune-Up Clinic 5:30pm, Pedal the Planet Bike Shop *BCC Ride: 3 rides @ 6pm	Car Free Day Email us your pledge to be car-free today for a chance at a free Bike Lexington t-shirt. *BCC ride: 9am 2 rides @ 6pm	Commuter Advocacy Breakfast 7:30-9am, Coffea Island Pedal the Planet Ride 6pm, PTP Bike Shop *BCC Ride: 3 rides @ 6pm	"Who Done It?" LexRides Fun Race 7pm, The Bell House, \$5 Join other riders for this scavenger-style bike race and do some sleuthing, some navigating, and some fast bike riding. Races are held on the open road with traffic. *BCC Ride: 9am	KY Rails to Trails Ashland to Lexington Relay 7am, Princess, Boyd County, KY The fourth annual relay ride from Ashland to Lexington to promote the development of multi-use trails throughout the state, including a rail trail from Lexington to Ashland.